Source: https://www.industrydocuments.ucsf.edu/docs/yznp0003

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SOURDOUGH STEAK

1-inch thick round steak (about 3 pounds)
1 cup all-purpose flour
2 teaspoons onion salt
2 teaspoons paprika
1 teaspoon black pepper
1 cup Sourdough Starter (see recipe on this page)
1/4 cup lard or shortening

Using a meat-tenderizing mallet or knife, pound steak to 1/2-inch thick. Cut into serving pieces. Combine flour and seasonings. Dip pounded steak in Sourdough Starter, then in flour mixture. Fry in 1-inch of hot lard in heavy skillet.

Makes 6-8 servings.

RED-CHILI BISCUITS

2 cups all-purpose flour
1 tablespoon sugar
1 tablespoon baking powder
1 teaspoon salt
1/4 cup lard or shortening
1 tablespoon chili powder
1/2 cup shredded cheddar cheese
1 1/2 cups Sourdough Starter (see recipe on this page)

Mix up the flour, sugar, baking powder and salt. Then cut in the lard until it looks like fine meal. Now throw in the chili powder, cheese, and Sourdough Starter. Mix until flour is moistened. Place mixture on a floured surface. Knead lightly and pat to 1/2-inch thick. Cut with a 2 1/2-inch cutter. Put biscuits in a greased pan and bake in a 400 F oven for 20-25 minutes.

Makes a dozen.

CHUCKWAGON STEW

2 1/2 pounds beef cubes (5 cups)
2 tablespoons all-purpose flour
1 tablespoon paprika
1 teaspoon chili powder
2 teaspoons salt
3 tablespoons lard
2 sliced onions
1 clove garlic, minced
1 28-ounce can tomatoes
3 tablespoons chili powder
1 tablespoon cinnamon
1 teaspoon ground cloves
1/2 to 1 teaspoon dry crushed red peppers
2 cups chopped potatoes
2 cups chopped carrots

Coat beef in a mixture of flour, paprika, 1 teaspoon chili powder and salt. Brown in hot fat in a large Dutch oven. Add onion and garlic and cook until soft. Then add tomatoes, chili powder, cinnamon, cloves and peppers. Cover and simmer 2 hours. Add potatoes and carrots and cook until vegetables are done, about 45 minutes. Makes 6-8 servings.

SOURDOUGH STARTER

1 quart lukewarm water
1 package dry yeast
2 teaspoons sugar
4 cups all-purpose flour

Pour the water in a crock about twice as big as the mixture, then add yeast and sugar to soften. Stir in flour. Cover with a clean cloth. Let rise until mixture is light and slightly aged (about 2 days). Mixture will thin as it stands, so add flour as needed. As you use sourdough from the crock, replace it with equal amounts of flour and water.